NAME: Rebecca GRADE:3A

**FITNESS**

### Term One Date:22/2/10 ­­­­­­­­

Term Four Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task** | **Term 1 Estimate** | **Term 1 Answer** | **Term 4**  **Estimate** | **Term 4**  **Answer** |
| **Height** | 120cms | 136cms | 140cms | 139cms |
| **Weight (optional)** | 23.2kgs | kgs | 31.4kgs | 31.4kgs |
| **Vertical**  **Jump** | 40cms | 29cms | 34cms | 23cms |
| **Standing Long Jump** | 70cms | 145cms | 150cms | 150cms |
| **Sit Reach test (flexibility)** | 0cms | ?5cms | 3cms | +3cms |
| **Beep Test** | 10(Level) | 7.6(Level) | 10(Level) | 7.9(Level) |
| **50m Sprint** | 12secs… | 9.4secs… | 9.5secs… | 9.1secs… |
| **Laps of the gym – 80m (4mins)** | 9 | 9 | 10 | 10 |
| In one minute I can do… | | | | |
| **Star**  **Jumps** | 55 | 110 | 112 | 87 |
| **Burpies** | 30 | 25 | 30 | 24 |
| **Lunges** | 30 | 28 | 33 | 34 |
| **Skips of**  **the rope** | 120 | 70 | 80 | 120 |
| **Push-ups**  **(on knees or full)** | 10 | 10 | 11 | 16 |

### Term 2: I think I can improve pon my burpies to get 39

### I will do this by term 3

### Term 4: Did I improve upon my selected goals? Why /Why not?

I did not padres.